

CMDP NEWS

Bi-Annual Newsletter for Arizona's Foster Care Community

MARCH 2007

CMDP Ph#-602-351-2245, 1-800-201-1795

1ST EDITION

Welcome to the **First Edition** of the **CMDP NEWS for 2007!**



CMDP Mission Statement

"CMDP promotes the well being of Arizona's children in foster care by ensuring, in partnership with the foster care community, the provision of appropriate and quality health care services."

Medical Home

A Medical Home is one central source of a child's medical records. For CMDP, the **Primary Care Provider** (PCP) is the Medical Home. It is also a partnership with families to provide primary health care that is:

Accessible
Family-centered
Coordinated
Comprehensive
Continuous
Compassionate
Culturally effective

It is very important for a member's medical records to be given to the current PCP.

Cultural Competency in Health Care

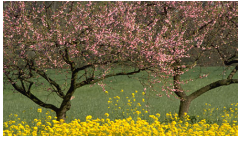
2006 CMDP Member Cultural Competency Telephone Survey Results:

- Five percent of randomly selected members with Spanish listed as their primary language reported the following:
12 Randomly selected members were from Maricopa County and **13** randomly selected members were from elsewhere in the state of Arizona.

Survey Questions and Results:

- Was the health care provided respectful of the member's culture?
Yes **_25 of 25 for 100%** No **_0**
- Based on the cultural needs of the member, were the services acceptable?
Yes **_25 of 25 for 100%** No **_0**
- In respect of the culture and language spoken by the member, was the health care and treatment understood?
Yes **_25 of 25 for 100%** No **_0**

Equal Opportunity Employer Program. Under the Americans with Disabilities Act (ADA), the Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. For example, this means that if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. This document is available in alternative formats by contacting Member Services (602) 351-2245 or 1-800-201-1795. **Empleador/Programa con Igualdad de Oportunidades. Para obtener este documento en otro formato, comuníquese con Servicios para Miembros al 602.351.2245 o al 1-800-201-1795.**

Conclusions:

- All participants surveyed stated that all providers either spoke Spanish or had an employee who spoke Spanish to assist with communication between the patient and provider.
- A majority of the members currently have knowledge of the English language.
- The participants surveyed stated they had no major issues with any providers in regards to language, culture, or ethnicity.



2. One hundred percent of Non-English, Non-Spanish speaking members reported the following:
6 were listed with Arabic as their primary language.

Survey Questions and Results:

- Was the health care provided respectful of the member's culture?
Yes_ **6 of 6 for 100%** No_ **0**
- Based on the cultural needs of the member, were the services acceptable?
Yes_ **6 of 6 for 100%** No_ **0**
- In respect of the culture and language spoken by the member, was the health care and treatment understood?
Yes_ **6 of 6 for 100%** No_ **0**

Conclusion:

- All six members speak and understand English very well.

Effects of Smoking on Your Health

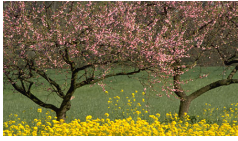
More than 45.4 million American adults (21.6%) are smokers. A big concern is the rate of smoking among teens. In a recent survey, 22.3% of high school students said they smoke. Smoking costs the nation over \$167 billion in healthcare costs and lost work-time each year. In 2004, the Surgeon General reported, "Smoking harms nearly every organ of the body. It causes many diseases and reduces the health of smokers in general."

Pregnant women who smoke expose the fetus to harm during a critical time of lung development. The results may be with the newborn child for a long time.

Nonsmokers, too, can be harmed by the smoking of others. That kind of smoke is called "environmental tobacco smoke" (ETS). It is a mixture of smoke exhaled by the smoker and the smoke that comes off the burning end of tobacco. It also has many harmful chemicals.

Secondhand smoke can cause cancer and heart disease. If a pregnant woman smokes or her partner smokes around her, she has a greater chance of having a baby with low birth weight. Her baby may have more breathing problems during the first year of life. Its lungs may not grow as fast as they should. This may also contribute to sudden infant death syndrome (SIDS).

Children who breathe secondhand smoke are more likely to get pneumonia, bronchitis, asthma or have asthma attacks. They also have more ear infections.



Secondhand smoke causes buildup of fluid in the middle ear.

(There are about 150,000 to 300,000 cases every year of infections in infants and children under 18 months of age, resulting in between 7,500 and 15,000 hospitalizations per year.)

Protect Yourself and Your Family From Secondhand Smoke:

- Don't smoke in your house.
- Ask other people not to smoke in your home, like babysitters or others who may care for your children.
- Ask smokers to go outside while they smoke.
- If someone must smoke inside, limit him or her to rooms where windows can be opened or fans used to blow the smoke outside.
- Help people who are trying to quit smoking.
- Don't smoke around pregnant women.
- Let family, friends and people you work with know that you do care if they smoke around you.



Well-Child Visits and Immunizations in the First 24 Months of Life

- **10** EPSDT Evaluations (PCP visits)
- **26** Immunizations (shots) by 24 months of age (2 years old)
 - 3 Hepatitis B
 - 4 DTaP (Diphtheria, Tetanus, Pertussis)
 - 4 HiB (Haemophilus)

- 3 IPV (Inactivated Polio)
- 1 MMR (Measles, Mumps, Rubella)
- 1 Varicella (Chickenpox)
- 4 Pneumococcal (pneumonia)
- 2 Hepatitis A
- 3 Rotavirus
- **1 Yearly Influenza after 6 months of age**

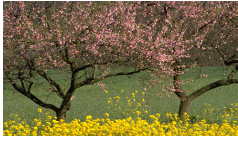
The HPV Vaccine

Genital Human Papillomavirus (HPV) is the most common sexually transmitted virus in the United States. Most HPV infections don't cause any symptoms and go away on their own. However, HPV is important because it can cause cervical cancer in women. Cervical cancer is the 2nd leading cause of cancer deaths among women around the world.

More than half of sexually active men and women will get HPV at sometime in their lives. The HPV vaccine protects against 4 major types of HPV. These include 2 types that cause about 70% of cervical cancer and 90% of genital warts. HPV vaccines can prevent most genital warts and most cases of cervical cancer.

HPV vaccine is mainly for girls 11-12 years of age and is given in 3 doses. It is best to be immunized before having sexual activity. However, HPV vaccines can also be given to women between the ages of 13 and 26 who did not get it when they were younger.

Contact your PCP to get this vaccine. Protect yourself now so you will have a brighter, healthier future. If your PCP does not give HPV shots,



please contact CMDP to find a provider to get the vaccine.



Urgent Care Vs. Emergency Room (ER)

Nearly half of the people who go to ERs in the Phoenix area are for non-emergencies, according to an Arizona State University report.

Most common among the non-emergencies are headaches, abdominal pain and colds, the study found. The report, issued by the ASU Center for Health Information & Research, showed that 46 % of emergency room patients could be treated in less-expensive care settings. This could ease overcrowding in ERs.

The study was based on children and adults who sought care in 11 emergency rooms in Maricopa County from July 2004 to June 2005. The report was issued in October 2006.

Due to long wait times in most ER settings, there are some ways to address the acute needs of a sick or injured child.

- Contact your PCP to see if you can get an appointment within the next 24 hours:
 - It is best to have your child see a medical professional that knows them and their medical history. *(It is understood that a 24-hr wait may not be appropriate in some situations)*

The sickness or injury may occur after the normal PCP office hours of 8:00 AM to 5:00 PM. Here are

some examples to help you decide the best plan of action.

These are examples to use Urgent Care:

- Earache or Ear Infection
- Minor Cuts or Bruising
- Skin Rash & Bug Bites
- Sore Throat
- Common Cold and Cough
- Sprains
- Urinary Tract Infections
- Headache
- Low-Grade Fever

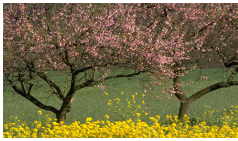
Examples to use the Emergency Room (ER):

- Shortness of Breath
- Chest Pain
- Loss or Altered Level of Consciousness
- Animal or Human Bite
- Car Accident
- Major Cuts, Burns and Bleeding
- High-Grade Fever
- Poisoning
- Fractures or Broken Bones
- Trauma or Head Injury
- Suicidal or Homicidal Feelings

If you need help locating an Urgent Care provider close to you, contact Member Services. They will be happy to assist you. Please remember that whether the child goes to the Urgent Care or the ER, the CPS Specialist **MUST** be notified as soon as possible afterwards.



The Birth to Five Helpline



Southwest Human Development and the Arizona Institute for Early Childhood Development have an exciting free resource for parents and caregivers of infants and young children as well as the professionals who serve them:

**The Birth to Five Helpline
1-877-705-KIDS or 1-877-705-5437**

(For questions about the helpline, contact Jan Martner, Director, at 602-266-5976)

The toll-free helpline covers most of the concerns families may have about children from pregnancy to age five. The helpline is staffed from 8:00AM-8:00PM, Monday thru Friday and 10:00AM-2:00PM on Saturday.

Southwest Human Development has specialized in services for infants, toddlers and preschoolers for close to 25 years. For more information go to www.swhd.org.



CMDP Notice of Privacy Practices

CMDP members and foster caregivers are welcome to a copy of the CMDP Notice of Privacy Practices. The notice covers healthcare information about CMDP members that is held by CMDP. It tells how information may be used and disclosed as stated by federal law. It also tells how you can get this information.

The notice is in each CMDP New Member Packet. It has not changed since 2003.

You may download a notice at:

www.azdes.gov/dcyf/cmdpe/hipaapp_1.asp

You can also request a notice by contacting the CMDP Privacy Officer, Margo Anderson at:
602-351-2245 or 800-201-1795 (Toll Free)

Or write us at:

Comprehensive Medical and Dental Program
Margo Anderson, CMDP Privacy Officer
P.O. Box 29202, Site Code 942C
Phoenix, Arizona 85038-9202

CMDP Materials

The Member Handbook is reviewed and updated each year. CMDP is now working on the 2007 edition of the handbook. There is no cost to anyone for a copy.

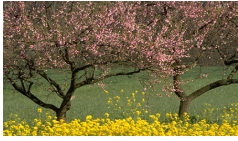


CMDP also supplies the Provider Directory to members and foster caregivers. The directory explains the CMDP network providers.

Both the handbook and the directory are given to members in the New Member Packet. **For current copies of both contact the CMDP Member Services Unit. They are also on the CMDP website!**



**Visit the CMDP Internet
Web site at:**



<http://www.azdes.gov/dcyf/cmdpe/>